



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION NEWSLETTER

JANUARY 2023

Gender Difference in Alcohol Use

Gender differences exist among adults in alcohol consumption, as men generally consume more alcohol than women. In 2021, almost 51% of adult men reported drinking alcohol in the past 30 days compared with 49% of adult women. In the same report, it was also highlighted that 13% of adult men in the United States had an alcohol use disorder compared with 9% of adult women. As a result of men drinking more than women, they also are at a higher risk for alcohol related hospitalizations and crimes. Crimes that include drinking and driving, physical assault and others. Men also have a higher risk of developing mouth, throat, esophagus, liver and colon cancer as a result of drinking.



For women, specially youth, it is far more common to see binge drinking among high school females than male high school students. Additionally, After drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men, and the immediate effects of alcohol usually occur more quickly and last longer in women than men. The biological differences in body structure and chemistry lead most women to absorb more alcohol and take longer to metabolize it. These differences make women more susceptible to the long-term negative health effects of alcohol compared with men.

Alcohol is Associated with other Diseases, Injuries, and Harms:

- **Liver Disease:** The risk of cirrhosis and other alcohol-related liver diseases is higher for women than for men.
- **Impact on the Heart:** Women who drink excessively are at increased risk for damage to the heart muscle at lower levels of consumption and over fewer years of drinking than men
- **Breast and other Cancers:** Alcohol consumption increases the risk of cancers of the mouth, throat, esophagus, liver, and colon. In women, drinking is also associated with breast cancer, even at low levels of consumption.
- **Sexual Violence:** Excessive alcohol use, particularly binge drinking, is a major contributing factor to sexual violence. Changes in alcohol-related policies can reduce sexual violence in communities.

Binge Drinking

Binge drinking is the most common, costly, and deadly pattern of excessive alcohol use in the United States. Binge drinking is defined as consuming 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women.

Who binge drinks?

- Binge drinking is most common among younger adults aged 18–34.
- Binge drinking is nearly twice as common among men than among women.
- Binge drinking is most common among adults who have higher household incomes (\$75,000 or more), are non-Hispanic White, or live in the Midwest.
- For some groups and states, binge drinking is not as common, but those who binge drink do so frequently or consume large quantities of alcohol.

Binge drinking is associated with many health problems, including:

- Unintentional injuries such as motor vehicle crashes, falls, burns, and alcohol poisoning.
- Violence including homicide, suicide, intimate partner violence, and sexual assault.
- Sexually transmitted diseases.
- Unintended pregnancy and poor pregnancy outcomes, including miscarriage and stillbirth.
- Fetal alcohol spectrum disorders.
- Sudden infant death syndrome.
- Chronic diseases such as high blood pressure, stroke, heart disease, and liver disease.
- Cancer of the breast (among females), liver, colon, rectum, mouth, pharynx, larynx, and esophagus.
- Memory and learning problems.

Gender Differences in Binge Drinking:

Men are more likely to binge drink than women. Approximately 21% of men report binge drinking, compared with 13% of women. Among men who binge drink, 25% do so at least five times a month, on average, and 25% consume at least nine drinks during a binge drinking occasion. Binge drinking was also more common among female (15%) than male (13%) high school students.



Alcohol and the Brain

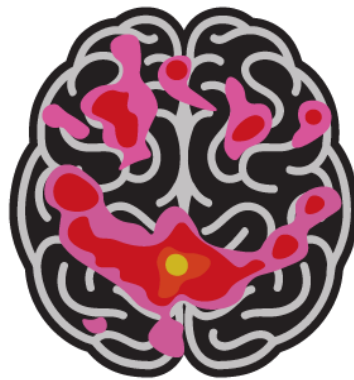
Underage Drinking and the Brain

Alcohol is classified as a depressant.

Depressants negatively affect the central nervous system and slow down the brain. Teenagers will experience a greater loss of cognitive functions. One of the areas that is affected by alcohol in the teen brain is the prefrontal lobe. The frontal lobe is mainly responsible for decision-making skills and it helps us form new ideas. Since the prefrontal lobe doesn't fully develop until the age of 25, there have been studies that have shown that teens who drink have smaller prefrontal lobes compared to teens who don't drink. This can lead the teens to be more vulnerable to impulsive actions, such as violent

outburst and it may inhibit the teens ability to plan and think ahead. The hippocampus is another part of the brain that is particularly sensitive to teen alcohol use. The hippocampus is a small organ located in the temporal lobe, which is the region of the brain that regulates emotion. In addition to regulating emotion, it is also associated mainly with memory (mainly long term memory). Alcohol use by teens can damage or destroy the hippocampus nerve cells. As a result, teens who drink can have difficulty creating new and lasting memories or recalling information.

The Effects of Heavy Drinking on the Teen Brain



Teenager who is a Heavy Drinker



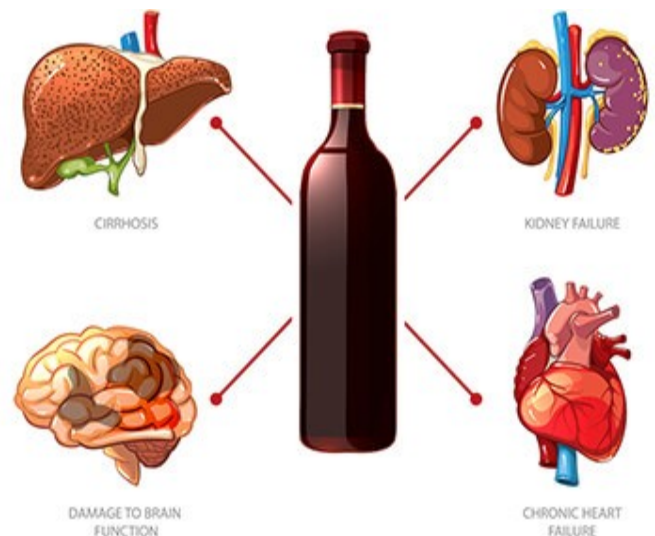
Regular Teenager

These images show that a heavy drinker doesn't activate the same brain areas as a non-drinker normally does for memory and learning.

General Short Term & Long Term Effects of Alcohol on the Brain

Short Term Effects: Confusion, Seizure, Problems with remaining conscious, Respiratory Suppression, Heart Rate Slowing, Vomiting, Permanent cognitive disruption or impairment and in the worst case scenario, death.

Long Term Effects: Long-term health risks of chronic alcohol use include heart, liver, digestion problems, cancer, immune system weakening as well as mood and sleep disturbances, and the development of other mental health problems, including depression and anxiety.



Parental Guide for Preventing Underage Drinking

- Be Aware of Factors that May Increase the Risk of a Child's Alcohol Use, Including:
 - Significant social transitions such as graduating to middle or high school or getting a driver's license;
 - A history of social and emotional problems;
 - Depression and other serious emotional problems;
 - A family history of alcoholism; and
 - Contact with peers involved in troubling activities.
- Be a Positive Adult Role Model
 - Stay away from alcohol in high-risk situations. For example, do not operate a vehicle after drinking alcohol.
 - Get help if you think you have an alcohol-related problem.
 - Do not give alcohol to your children. Tell them that any alcohol in your home is off limits to them and to their friends.
- Work with schools, communities and the government ensuring that:
 - Schools and the community support and reward young people's decisions not to drink.
 - Schools and the community identify and intervene with children engaged in underage drinking early.
 - Rules about underage drinking are in place at home, at school, and in your community.
 - Agreements of acceptable behavior are established, well-known, and applied consistently.
 - Parties and social events at home and elsewhere do not permit underage drinking.
- Support Your Children and Give Them Space to Grow:
 - Set clear rules, including rules about alcohol use. Enforce the rules you set.
 - Help your children find ways to have fun without alcohol.
 - Do not let your children attend parties at which alcohol is served. Do not allow alcohol at parties in your own home.
 - Help your children avoid dangerous situations such as riding in a car driven by someone who has been drinking.
 - Help your children get professional help if you are worried about their involvement with alcohol.
 - Create a pledge between yourself and your children that promises they will not drink alcohol.

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Alpine	Evergreen	Ice	Skates	Sweater
Blanket	Fireplace	Ice Rink	Sledding	Temperature
Blizzard	Flurries	Icicles	Sleigh	Toboggan
Boots	Frost	Mittens	Slippery	Tree
Cabin	Frostbite	New Year	Snow	White
Chilly	Frozen	Parka	Snowfall	Windchill
Cider	Gloves	Plow	Snow Day	Winter
Coat	Hat	Scary	Snowflake	Wool Socks
Cold	Hibernate	Sculpture	Snowman	
Draft	Hockey	Season	Snow Mobile	
Earmuffs	Hot Cocoa	Shovel	Snowshoes	

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.